

Fluoride Varnish

What is fluoride?

Fluoride is a naturally occurring mineral. It is present in water at varying levels.

Why is fluoride important for my child's teeth?

- Fluoride helps prevent tooth decay from forming on teeth and can even reverse some signs of early tooth decay.
- Regular use of fluoride helps make teeth stronger and more resistant to tooth decay.
- Fluoride is recognized as one of the most effective means of preventing tooth decay for both children and adults. It is a low-cost and safe method for preventing tooth decay.

What is fluoride varnish?

Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to help stop some cavities that have already started.

Is fluoride varnish safe?

Yes, fluoride varnish can be used on babies from the time they have their first teeth. Only a very small amount of fluoride varnish is used. Fluoride varnish has been used in Europe and Canada for over 30 years.

How is fluoride varnish put on teeth?

Fluoride varnish is painted on the teeth. It is quick and easy to apply and does not have a bad taste. The varnish is painless, however your child may cry because babies and children don't like having things put in their mouths, especially by people they don't know!

How long does fluoride varnish last?

Fluoride varnish works best if it is painted on the teeth three to four times a year.

How does fluoride varnish differ from the fluoride in my water?

Fluoride varnish is different because it works to help make teeth strong on the outside. Fluoride varnish is especially important because it can help stop some cavities that have already formed. Fluoride in the water helps make teeth strong from the inside.

Is there anything special I need to do after the varnish is put on my child's teeth?

Your child's teeth may be dull or yellow after the fluoride varnish is painted on. This is normal and it is important that you do not brush the varnish off until the next morning.

Also, your child should not eat anything for four (4) hours after the fluoride varnish is painted on their teeth. If your child is hungry you can give your child something soft to eat such as applesauce, a glass of milk, or some cheese. It is important that your child not have any sticky or hard food until the the next day.

Brushing Tips

Always use a soft-bristled toothbrush.

Replace your toothbrush every three months.

Never share a toothbrush, it spreads germs.

How to Brush

- Place the toothbrush against the gum line at a 45-degree angle. Use a small circular motion to brush your teeth and gums.



- Brush back and forth on the chewing surfaces of your teeth holding the brush flat.



- Brush the back of your teeth.



- Brush your tongue! This will freshen your breath and remove germs.
- Brush for at least three minutes, two times a day. Be sure to brush at bedtime to remove bacteria that can cause decay while you are sleeping.

Checklist

Give your child something to eat and drink before having fluoride varnish put on their teeth.

Do not brush the varnish off your child's teeth until the next morning.

Do not give your child hard or sticky foods after the fluoride varnish has been applied.

Remember to bring your child back in 90 days for another fluoride varnish application.

Flossing Tips

Flossing cleans between the teeth where a toothbrush can't reach.

Flossing helps control bad breath.

How to Floss

- Wrap about 18 inches of floss around the middle fingers. Gently slide the floss between the teeth (don't snap the floss into the gums).



- As the floss reaches the gum line, make a C-shape around the tooth until you feel pressure against your tooth.



- Gently scrape the tooth surface with the floss.



- Move the floss as it becomes soiled and repeat the process for each tooth.



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